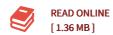




Paul Burke's Neo-Dieter's Handbook: When We Lost Our Nutritional Roots; Where to Find These Foods Today. (Paperback)

By Paul Burke M Ed

Booksurge Publishing, United States, 2009. Paperback. Condition: New. Language: English. Brand new Book. Paul Burke 's second book focuses on nutrition-three decades of research compiled for those who enjoy learning about health, exercise, weight training, fitness, and the right nutrition to enhance all of the above. This masterpiece of research, experience, and wisdom contains all-from the nutritional habits of prehistoric man to the "nutrition" of today's processed food. This book will answer such questions as: - Why should we stay away from chicken, pork, and beef if the animals are not pasture fed or not on a "non-grain" diet? - Why were mutant plants the source of present-day domesticated grains? - What are the numerous downfalls of animal domestication? - Why was every great human plague historically restricted to animals before jumping to humans? - Why did the Grist Mill change human longevity forever? - Why do doctors die at age 56-58 on average? - Why did pre-colonial Native Americans die of harsh weather or old age, but not disease? Burke takes the reader through the stages of human evolution with various indigenous cultures and their eating habits-from the massively muscled and healthy hunter-gatherers of 40,000 years ago to the...



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